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BLACKBERRY MAGIC

BlackBerry's CEO Thorsten Heins introduces the BlackBerry 10 in New York on Wednesday. The maker of the new smartphone is promising a speedy browser, a superb typing experience and the ability to keep work and personal identities separate on the same phone, the fruit of a crucial, long-overdue makeover for the Canadian company. For more on the story see pages 4, 16 and 17. MARK LENNIHAN/THE CANADIAN PRESS

Jobs sliced at hospital

'It really hurts.'
Hospital CEO pledges to limit non-voluntary layoffs

ALEX BOUTILIER
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Another 290 jobs are being cut at the Ottawa Hospital as the administration grapples with a projected $31-million budget shortfall.

The hospital announced Wednesday afternoon 90 nursing positions, 100 admin jobs and 100 other health-care jobs will be cut as administrators try to reign in a $31 million deficit on a $1.04 billion budget.

Dr. Jack Kitts, the hospital's president and CEO, said administration will attempt to minimize the amount of actual layoffs by moving employees into vacant positions elsewhere in the organization.

"With the natural turn of nursing staff turnover, we should be able to accommodate anyone that does not want to be laid off," Kitts said Wednesday.

Early retirement is also being offered.

The Ottawa Hospital faced a $23-million shortfall in its 2012-2013 budget. When asked if he expects more cuts next year, Kitts said, "I think this is the beginning of a continuing quality-improvement process ... where we focus on quality care at the least cost."

Kitts is confident cuts will not worsen patient care — the union representing the 90 nurses is not as sure.

"That's thousands of hours of registered nursing care that's lost to patients at the Ottawa hospital," said Vicki McKenna, vice-president of the Ontario Nursing Association.

McKenna called the job losses devastating for the affected nurses and their patients. Kitts also expressed his regrets.

"It really hurts me to see the impact that this has on our very devoted staff," Kitts said. "I'm committed to tell our patients that they will receive quality care, and I'm committed to minimizing the negative impact on our staff."

The cuts will be implemented over the course of the 2013-2014 budget year.

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1.93% pay hike for mayor, councillors on the table

Salary freeze over?
Councillors may get pay bump, mayor has said he won't accept raise

ALEX BOUTILIER
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Two years after voting to freeze their wages, city councillors are up for a 1.93 per cent pay raise effective Jan. 1.

City staff are recommending salaries for councillors and the mayor be increased at the same rate as city managers and senior officials — 1.93 per cent this year. Councillors currently make less than the lowest level of city manager.

If approved, councillors will see their pay rise from $92,219 to $93,339, while the mayor's salary would climb to $171,300 from $168,102.

But Mayor Jim Watson says he will not be accepting his increase, taking home the same amount as he did in 2010.

"During the 2010 election, Mayor Watson committed to freezing his own salary for four years," said Ryan Kennery, Watson's spokesman, in a statement. "His decision to not accept a salary increase is consistent with that commitment."

Typically, independent third-party commissions have determined municipal politicians' pay raise structure. The last commission, which reported in 2004, recommended a complex benchmarking formula to determine elected officials' salaries.

Jim Watson: Won't take raise. ALEX BOUTILIER/METRO

That formula was turfed by then-mayor Larry O'Brien and council in December 2006. Future raises were tied to either the average annual consumer price index for Ottawa or the average raise for city employees, whichever was lower.

Under Watson, councillors voted in 2010 to freeze their salaries for two years.

The city's finance and economic-development committee will consider the matter, as well as other issues in staff's mid-term governance review report, on Tuesday.

Salary

Third party decides local politicians' pay

Third-party commissions have historically determined how much Ottawa's municipal politicians should make, due to the "inherent challenges" in councillors establishing then voting for their own salaries.

However, according to staff's mid-term governance review report, the scope of the proposed changes for 2013 do not warrant a full citizens' review panel. METRO

Hadfield calls Ottawa kids from space

Hanging upside down in zero gravity, travelling at approximately eight kilometres per second high above the Earth, Canadian astronaut Chris Hadfield effortlessly put smiles on about 200 elementary students' faces Wednesday at the Canadian Aviation and Space Museum.

The fifth- and sixth-graders from six area schools were invited to join Gov. Gen. David Johnston in talking via live video link to Hadfield, who is aboard the International Space Station, about what it's like in space.

"You have been experiencing weightlessness much longer than you have in your previous trips into space. Do you find there's a difference?" asked a Grade 6 student from Corpus Christi school.

"The big difference this time is I can fly," said Hadfield, who later floated upside down and spun his microphone in front of the camera.

He added that he feels more like a "spaceling" this time, rather than just a visitor in space.

"To just be able to float things to each other through space — it's like magic. And to be able to be here for that magic for five months is a tremendous gift. I love it," he said.

The students got a kick out of his hand-washing demonstration: He squeezed a droplet of cleansing solution out of a pouch, and then the droplet danced around his face before he slowly caught it with one hand and rubbed it in his skin.

A Russian Soyuz vehicle flew him into space on Dec. 19, 2012, and he will call the ISS home for the next four months.

Hadfield has been astonishing his more than 285,000 Twitter followers almost daily with snapshots of places like the Suez Canal, New York City at night and a blue river in Brazil.

Gov. Gen. David Johnston and a student listen as Canadian astronaut Chris Hadfield responds to questions from students at the Canadian Aviation and Space Museum Monday. JOE LOFARO/METRO

The Governor General attended Wednesday's Q-and-A and took questions from students about his job before speaking with Hadfield.

Johnston called him, "a wonderful ambassador for Canada and for the whole world." JOE LOFARO/METRO

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Rare cancer. Tot's fight takes family to Memphis

The family of an Ottawa toddler with a rare form of leukemia landed in Memphis, Tenn., Wednesday after scrambling to find a new experimental treatment for their daughter, Phoebe Doull-Hoffman, who was rejected by an innovative clinical trial in Philadelphia.

"To say that we are devastated and heartbroken is an understatement," wrote mother Jenny Doull on her blog Friday.

That day Philadelphia doctors told Doull her daughter's T-cells were too weak to carry an inactive HIV virus that would attack the cancerous infant acute lymphoblastic leukemia she has been battling since she was born.

"We are holding on tightly to hope," Doull wrote. The family learned Monday St. Jude Children's Research Hospital in Memphis has a spot for the tot in a new treatment trial, said Phoebe's father Jon Hoffman.

Treatments Phoebe had at the hospital in 2011 sent her into remission.

Phoebe Doull-Hoffman is cheered on by staff at the Children's Hospital of Eastern Ontario before heading to Memphis, Tenn., for a new clinical trial on Wednesday. CONTRIBUTED

GRAHAM LANKTREE/METRO

Cross-border theft

Police charge Que. man with Ottawa bank robbery

Ottawa police have charged a Quebec man following a bank robbery on Riverside Drive in Ottawa on Jan. 17. A tactical unit with the Montreal police executed a search warrant on Jan. 25 and made the arrest without incident.

Police said the suspect had fled the bank with an undisclosed amount of cash after indicating he was armed, but no gun was seen by bank employees.

Sebastien Savard-Cote, 38, of Lachine, Que. is charged with robbery and uttering threats. He appeared in a Montreal court Jan. 26 and was turned over to Ottawa police custody. He was to appear in court in Ottawa Wednesday. JOE LOFARO/METRO

Governance shakeup. Wilkinson out as transportation chair

A governance shuffle at Ottawa City Hall will see new leadership on the municipality's transportation committee.

Coun. Marianne Wilkinson (Kanata North) is out as chair, making room for rookie Coun. Keith Egli. Wilkinson (Knoxdale-Merivale) will remain on the committee as a voting member.

"I can do just as much as I want to do as a member of the committee as I can as the chair," Wilkinson said Wednesday.

Wilkinson, who has been recommended to replace Deputy Mayor Steve Desroches as the new chair of the Ottawa Community Housing Board, said the move is partially succession planning.

"I'm a great believer in helping to develop other people," Wilkinson said.

ALEX BOUTILIER/METRO

Ottawa developers had 'large role' in BlackBerry 10 rollout

BlackBerry CEO Thorsten Heins introduces the BlackBerry 10 Wednesday, in New York. MARK LENNIHAN/THE ASSOCIATED PRESS

OS. New operating system based on local developers' work

JOE LOFARO
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A team of software developers based in Kanata had a "large role" getting BlackBerry's new operating system baked for primetime, says the company's senior vice-president of BlackBerry OS.

Sebastien Marineau told Metro after leaving a launch event in Toronto, the QNX Software Systems team at 1001 Farrar Rd. in west Ottawa — BlackBerry's second largest software site outside of its Waterloo headquarters — built a number of features into the OS.

"The team in Kanata worked on everything from the operating system itself, to things like radio technology, graphics, multimedia," said Marineau. "Part of the home screen experience was done in Kanata. Applications like BBM and App World are developed in Kanata."

Quoted

"The team in Kanata worked on everything from the operating system itself, to things like radio technology, graphics, multimedia."

Sebastien Marineau, QNX Software Systems senior vice-president

Research in Motion acquired QNX in 2010 for $200 million and the Ottawa company has been a driver behind the company's OS ever since. RIM formally changed its corporate name to BlackBerry Wednesday.

The Ottawa team will take a breather, Marineau said, but there is a lot more exciting work ahead of them.

"We have a range of smartphones that we'll be delivering, there's opportunities in tablets. There's also a lot of opportunities to take that same platform to the broader market," said Marineau. "Things like automotive, where QNX already has a strong presence. We've talked about medical devices, healthcare."

Filmmakers show their stuff as local indy scene grows

With a double bill of two made-in-Ottawa indie films about to be screened and another in production, young local filmmakers are out to prove the film scene is alive and well and ready for more.

"I've heard a lot about smaller productions, even Hollywood ones moving here," said director Jith Paul, who plans to show his short film Al-gebr(a) at Algonquin College Feb. 23 along with feature film Thirteen Downs, which he helped shoot. "The profile of the city is going up and I'm sure the proposed sound stage will add in that respect."

Along with the planned stage idea, floated by Invest Ottawa, around the city there are lots of people shooting in digital SLR cameras, Paul said, adding competitions, such as Digi60, where filmmakers are given 60 days to write, shoot and edit a new film are challenging movie makers to raise the bar.

Scripted by local writer Jennifer Mulligan, Al-gebr(a) tells the tale of a visual artist who loses sight in both eyes after falling in love with a new artistic muse.

Just a week before the show, Paul will begin filming his latest work, called Cells at the Ottawa Jail Hostel at Arts Court. "It's very much a collaborative effort," said Paul of the film, which he is financing, in part, through a Paypal crowdsourcing campaign.

A still from Ottawa indie filmmaker Jith Paul's short Al-gebr(a) shows a visual artist coping with the loss of his sight. CONTRIBUTED

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Alabama gunman kills bus driver, seizes 6-year-old boy, police say

Hostage standoff.
Man took boy to underground hideout

Law enforcement personnel set up a checkpoint Wednesday in Midland City, Ala., near the home where a school-bus-shooting suspect was barricaded in a bunker with a child hostage. The incident is yet another in a string of U.S. gun violence that has sparked a national debate. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Online

For the latest updates on the Alabama standoff, visit metronews.ca

A gunman holed up in a bunker with a six-year-old hostage kept law officers at bay Wednesday in an all-night, all-day standoff that began when he killed a school-bus driver and dragged the boy away, authorities said.

SWAT teams took up positions around the gunman's rural property and police negotiators tried to win the kindergartener's safe release.

Sheriff Wally Olson said in a brief statement Wednesday evening that negotiators continued talking to the suspect and "at this time we have no reason to believe that the child has been harmed."

The gunman, identified by neighbours as Jimmy Lee Dykes, a 65-year-old retired truck driver, was known around the neighbourhood as a menacing figure who once beat a dog to death with a lead pipe, threatened to shoot children for setting foot on his property and patrolled his yard at night with a flashlight and a shotgun.

He had been scheduled to appear in court Wednesday morning to answer charges he shot at his neighbours in a dispute last month over a speed bump.

The standoff along a red dirt road began on Tuesday afternoon, after a gunman boarded a stopped school bus filled with children in the town of Midland City, population 2,300. The sheriff said the man shot the bus driver when he refused to hand over a six-year-old child. The gunman then took the boy away.

"As far as we know there is no relation at all. He just wanted a child for a hostage situation," said Michael Senn, a pastor who helped comfort the traumatized children after the attack.

It was unclear if Dykes made any demands from his underground bunker, which resembled a tornado shelter.

About 50 vehicles from federal, state and local agencies were clustered at the end of a dirt road near where Dykes lived in a small travel trailer. Nearby homes were evacuated after authorities found what was believed to be a bomb on his property.

State Rep. Steve Clouse, who met with authorities and visited the boy's family, said the bunker had food and electricity, and the youngster was watching TV. He said law enforcement authorities were communicating with the gunman, but he had no details on how. THE ASSOCIATED PRESS

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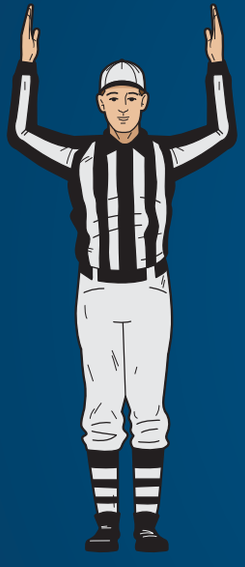

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Nicola Puddicombe. Appeal to conclude in Toronto axe-murder trial

There's no doubt that Dennis Hoy of Toronto was clubbed to death with an axe in a night that was rife with passion, betrayal and cruelty.

There's still plenty of debate on exactly what happened on the night of Oct. 27, 2006 when Hoy, 36, was bludgeoned at least a half dozen times in the bed of his longtime girlfriend Nicola Puddicombe.

The two-day Ontario Court of Appeal hearing is scheduled to conclude Thursday.

At the time of Hoy's death, Puddicombe was involved in a lesbian relationship with Ashleigh Pechaluk, a co-worker at Loblaws. Puddicombe was also still entwined in a relationship with Hoy that began 11 years earlier.

The women were tried separately in 2009 for first-degree murder. Pechaluk was acquitted after her confession to police was ruled inadmissible because she was not told of her right to legal counsel. That videotaped statement — obtained after 20 hours of interrogation — was played in Puddicombe's trial.

Months after her former lover walked free, Puddicombe was found guilty and sentenced to life in prison. Each woman blamed the other for the murder, but the Crown argued that they plotted Hoy's death so that they could live together and collect his life insurance and pension. **TORSTAR NEWS SERVICE**

Appeal arguments

Key to the appeal is the testimony of Sarah Sousa, a co-worker who told juries in both trials that Pechaluk spoke of plans to kill Hoy.

- **Hearsay.** Puddicombe's lawyer David Harris argued Wednesday that current procedure for instructing juries on the weight of hearsay evidence is too complicated.
- **Robots, not morons.** "This is really too much for a jury to handle: Lawyers and judges dancing madly on the head of a pin," Harris said. "They're (jury members), not morons — but they're not robots either."

An unquestioned authority on gun violence

Former Arizona Rep. Gabrielle Giffords, who was shot in the head in a mass shooting that killed six people in Tucson, Ariz., two years ago, sits with husband Mark Kelly as she gives an opening statement before the Senate Judiciary Committee hearing on gun violence in Washington on Wednesday. Supporters and opponents of stricter gun control measures are facing off on what lawmakers should do to curb gun violence in the wake of last month's rampage in Newtown, Conn., that killed 20 schoolchildren. SUSAN WALSH/THE ASSOCIATED PRESS

Canadian data

Protein map may help fight viruses

Scientists have made an important discovery that could help battle viral infections.

Using data collected at the University of Saskatchewan's Canadian Light Source synchrotron, researchers from McGill University and the Austrian Research Centre for Molecular Medicine have discovered the blueprint behind the IFIT protein, which can stop a virus from spreading by inhibiting its replication of a person's genetic code. **MORGAN MODJESKI/METRO**

Took on Taliban

Malala heads for final skull surgery

A Pakistani girl who defied the Taliban is set for a final surgery to reconstruct her skull, doctors said Wednesday.

Malala Yousafzai, 15, needs to replace the bone shattered when a gunman, angered at her promotion of girls' education, sent a bullet through her head. **THE ASSOCIATED PRESS**

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Washington state hiring pot expert

Recreational use.
Washington, Colorado working to develop rules for emerging marijuana industry

Washington state is hiring a consultant to develop rules for its legal-marijuana industry.
ED ANDRIESKI/THE ASSOCIATED PRESS

Wanted: A green thumb with extensive knowledge of the black, or at least grey, market. As Washington state tries to figure out how to regulate its newly legal marijuana, officials are hiring an adviser on all things weed: How it's best grown, dried, tested, labelled, packaged and cooked into brownies.

Last fall, Washington and Colorado became the first states to pass laws legalizing the recreational use of marijuana and setting up systems of state-licensed growers, processors and retail stores where adults over 21 can buy heavily taxed cannabis.

Washington's Liquor Control Board has advertised for consulting services in four categories — "product and industry knowledge" with "at least three years of consulting experience" relating to the cannabis industry; quality testing, including how to test for levels of THC, the compound that gets marijuana users high; statistical analysis of how much marijuana growers should produce; and the development of regulations. THE ASSOCIATED PRESS

Surprise attack

Monkeys terrorize Indonesian village

A troop of wild monkeys has gone on a rampage in a village in eastern Indonesia, entering houses and attacking residents. Seven people were injured, including one who is in critical condition.

Ambo Ella, a spokesman for Sidendeng Rappang District in South Sulawesi province, says the surprise attack by about 10 monkeys happened in Toddang Pulu village.

He said Wednesday that a 16-year-old boy was badly bitten in the attack Monday and is being treated at the hospital

He believes the troop came from a nearby forest protected by a local tribe.

It's unclear why the monkeys, which are usually afraid of humans and flee when they hear human voices, emerged and attacked.
THE ASSOCIATED PRESS

Canadian Wheat Board

Cowgirl ad ropes in controversy

The women's president of the National Farmers Union is questioning what an image of a long-legged woman straddling a fence has to do with selling grain.

The picture is part of a new advertisement from the Canadian Wheat Board that is kicking up a ruckus on the Prairies. The ad features a 1969 print called Hi-Ho, Silver, which shows a young woman in a cowboy hat and skirt straddling a fence. The caption says: "Still on the fence?" and encourages farmers to choose the wheat board for marketing grain. Producers can choose how to market their grain because legislation has ended the board's marketing monopoly.

Joan Brady, who heads the women's branch of the union, says the ad is offensive and is likely to cause farmers to steer clear of the board. THE CANADIAN PRESS

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Nightclub owner blames 'whole country' for fire

Santa Maria, Brazil. Police note violations by both the club and fire-safety inspectors

A woman weeps during the funeral for Gustavo Goncalves, the most recent victim of the Kiss nightclub fire. His death has raised the number of dead to 235, with 143 people still in hospital. FELIPE DANA/THE ASSOCIATED PRESS

The owner of a nightclub in southern Brazil where more than 230 people died in a fire last weekend deflected blame to "the whole country," as well as to architects and inspectors charged with making sure the building was safe, his lawyer said Wednesday.

Attorney Jader Marques said his client, Elissandro Spohr, "regretted having ever been born" but still blamed Sunday's tragedy on "a succession of errors" made by his countrymen.

Police have said the blaze likely started when a band performing at the Kiss nightclub in Santa Maria lit a flare, which ignited flammable soundproofing on the ceiling. That error was compounded by the near-total lack of emergency infrastructure such as fire alarms or sprinkler systems, police have said. The club also had only one working door and a faulty fire extinguisher.

Documents obtained by The Associated Press showed that the single exit, the foam insulation and other contributors to the tragedy didn't violate laws.

Police are detaining Spohr for five days, along with the club's other co-owner and two musicians playing at the venue.

Spohr is recovering from a respiratory infection. Lilian Caus, one of the officers watching over Spohr, said he had made a suicidal gesture.

THE ASSOCIATED PRESS

Zimbabwe. Finance chief says troubled nation has only $217 left in coffers

Zimbabwe's finance ministry said it has just $217 left in its accounts after paying the nation's civil servants and government employees earlier this month.

Finance Minister Tendai Biti said the monthly salaries cleared out government earnings and tax revenues in January. He made an appeal Tuesday for foreign donors to help raise some $200 million for a constitutional referendum and elections later this year.

But financial experts said Wednesday that Biti, known for his exaggerated rhetoric in the troubled economy, failed to mention quick returns from income tax, social security payments and increased taxable spending in shops and stores.

Those daily revenues immediately replenish the country's battered coffers, experts say. Nationwide highway toll gates also separately bring in thousands of dollars a day.

THE ASSOCIATED PRESS

Business as usual

"I don't think it's anything new. It has been like this before."

Harare economist John Robertson, noting that governments routinely pay out more than they receive, relying on borrowing — but Zimbabwe has little access to that.

Syrian crisis

Canada announces $25 million in aid

Canada announced Wednesday an additional $25-million donation to help people displaced by the Syrian crisis, bringing the country's total contribution to $48 million.

The money will help provide food, shelter, medical care and safety for some of the estimated 700,000 refugees who have fled to neighbouring countries.

International Co-operation Minister Julian Fantino made the announcement at an international donors' conference in Kuwait. The UN exceeded its $1.5-billion goal. THE CANADIAN PRESS

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Chief Spence the butt of insults at Tory fundraising dinner

In bad taste? Brazeau, Galipeau blast hunger striker, Idle No More movement

Two members of Stephen Harper's Conservative caucus — an elected MP and a senator — publicly disparaged the Idle No More movement and Attawapiskat Chief Theresa Spence at a fundraising dinner for a provincial candidate Tuesday.

Sen. Patrick Brazeau referred to Spence's "so-called hunger strike" in addressing about 80 people at a Legion hall in the Ottawa suburb of Orleans, and mocked her physical shape. "I was sick two weeks ago," Brazeau said. "I had the flu and I lost five pounds.

"I look at Miss Spence, when she started her hunger strike, and now?" he added as a voice in the hall called out, "She's fatter," which drew laughter from much of the audience.

Attawapiskat Chief Theresa Spence after ending her hunger strike on Jan. 24. Spence was insulted by two Tory politicians at a recent fundraiser.
SEAN KILPATRICK/THE CANADIAN PRESS

Brazeau said though Idle No More has put aboriginal issues in the news, he does not support their methods. "They don't stand for anything," he said.

"I, as an Algonquin person, am living proof that no one will colonize me."

After Brazeau spoke about being turned away Dec. 24 when he tried to visit Victoria Island, where Spence was conducting her hunger protest, Ottawa-Orleans MP Royal Galipeau told the crowd he too had gone to see Spence.

Galipeau said he was allowed into Spence's tent on Boxing Day because he wasn't recognized. At that point, Spence, who consumed only liquids during her protest, was 15 days into her 44-day fast, which she ended last Thursday.

"I stood in the circle around Chief Spence," Galipeau said. "I noticed that manicure of hers. I tell you Anne can't afford it," he said, referring to his wife. "Most people in Idle No More are my skin colour and about my age. It reminded me of the 1960s and 1970s flower people who are now organizers for the NDP in Ottawa Centre. They are the same people I saw in the Occupy movement the previous summer." TORSTAR NEWS SERVICE

Residential schools

Judge tells feds to hand over records

The federal government is obliged to turn over its archival records on Indian residential schools to the Truth and Reconciliation Commission, an Ontario court decided Wednesday.

In his decision, Justice Stephen Goudge said the obligation to provide the materials is clear from the settlement agreement that established the commission. THE CANADIAN PRESS

Phoenix shooting

Alleged killer still on the loose

A gunman opened fire at an office complex in Arizona's largest city Wednesday, killing the CEO of a company, wounding two other people and setting off a manhunt. Police warned the public that the suspect was "armed and dangerous."

Authorities identified the suspect as Arthur D. Harmon, who they said opened fire at the end of a mediation session. Authorities believe Harmon acted alone and fled the scene in a car after the 10:30 a.m. shooting, said Sgt. Tommy Thompson, a Phoenix police spokesman. THE ASSOCIATED PRESS

Insemination mix-up. Doctor could lose licence over alleged misconduct

An Ottawa fertility doctor faces a disciplinary hearing Thursday over allegations he artificially inseminated three women with the wrong sperm.

Dr. Bernard Norman Barwin, a celebrated gynecologist, could lose his licence if the College of Physicians and Surgeons of Ontario discipline panel finds he committed misconduct. He agreed last year to stop the practice of insemination after the college filed its notice of hearing.

The medical college alleges that three of Barwin's patients discovered their children aren't biologically related to their husband or, in one case, the patient's chosen donor.

Two women with the same allegations sued Barwin a few years ago. The lawsuits were resolved last year, but neither the women's lawyer nor Barwin's lawyer could discuss the terms.

Barwin was invested in the Order of Canada in 1997 for his "profound impact on both the biological and psycho-social aspects of women's reproductive health."

He founded the non-profit, pro-choice organization Canadians for Choice, which gives away an annual Dr. Norman Barwin Scholarship to a graduate student studying sexual health and reproductive rights.

If the College of Physicians and Surgeons' disciplinary panel finds Barwin committed professional misconduct, it can revoke his licence, suspend it, impose restrictions, reprimand him, order him to pay a fine or a combination of those sanctions. THE CANADIAN PRESS

Déjà vu

Two of the circumstances described match that of two women who sued Barwin and his Broadview Fertility Clinic a few years ago.

- Trudy Moore and her husband approached Moore's sister in 2006 to act as a surrogate for the couple, according to the family's statement of claim. Days after the baby was born it was revealed that neither Guest or the sister had the same blood type as the newborn.
- Jacqueline Slinn, the second woman to sue Barwin, believed she was inseminated with sperm from donor 3168, according to her statement of claim. Slinn and two other 3168 mothers discovered none shared the same biological father, she alleged.

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Ballerina afraid to go back to Russia

Bolshoi ballerina Svetlana Lunkina COLIN MCCONNELL/TORSTAR NEWS SERVICE

Prima fear. Threats to leading lady follow acid attack on Bolshoi artistic director

A leading ballerina with the Bolshoi Ballet says she wants to stay in Canada after receiving threats — a move that follows an acid attack on the dance troupe's ballet chief and highlights tensions at the theatre.

Svetlana Lunkina, 33, has told the Russian daily Izvestia that she asked the Bolshoi to extend her leave as she fears returning to Russia. Lunkina's statement came two weeks after the attack on Bolshoi artistic director Sergei Filin, who was badly burned when an unidentified masked assailant threw sulphuric acid in his face.

Bolshoi spokeswoman Katerina Novikova confirmed Wednesday that the theatre had accepted Lunkina's request to extend her leave, but made no further comment.

The ballerina said she was scared to hear about the attack on Filin, who has undergone several surgeries to save his eyesight and treat severe burns on his face.

"I feel a strong compassion for his family," Lunkina said. "I hope they will find those who committed that crime."

THE ASSOCIATED PRESS

Dirty dancing

- Lunkina said the threats were linked to a conflict between her husband and a business partner over a movie about Mathilde Kschessinskaya, a ballerina famous for both her talent as a dancer and for her liaison with Russia's last czar, Nicholas II.

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Sex and disability. Bosnian basketball players want prostitution legalized

Members of a Bosnia wheelchair basketball club are launching a campaign to legalize prostitution in the country to help disabled people "achieve their right to love."

Marinko Umicevic, president of the club Vrbas, said Wednesday that Bosnia had to catch up with 21st-century Europe, where he said some people with disabilities "even get state subsidies to pay for sex."

Umicevic said some of his players have never had sex and legalizing the sex trade would help people like them achieve their basic rights. Club members were organizing a petition on the proposal in Banja Luka.

Along the same theme, Helen Hunt received an Oscar nomination this year for best supporting actress for her portrayal of a sex worker helping a disabled man in the movie The Sessions.

THE ASSOCIATED PRESS

January showers to bring February freeze in Ontario

Unseasonable weather brought buckets of rain on Toronto, with temperatures hitting a record 14 C Wednesday morning. Southern Ontario is in for what Environment Canada calls a weather "roller-coaster" in the next few days led by a warm front moving in from Colorado. But meteorologists warned winter will be back with a vengeance Thursday, with the mercury plunging to below freezing as an Arctic cold front moves in overnight.

TEXT: THE CANADIAN PRESS; PHOTO: STEVE RUSSELL/TORSTAR NEWS SERVICE

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BRINGING IN THE BIG

Army targets safety

Canada's armed forces are waging war on avalanches.

There's no messing around where one of the world's avalanche hotspots intersects with a transportation corridor connecting British Columbia to the rest of the country.

As the Trans-Canada Highway and Canadian Pacific Railway work their way through the Selkirk Mountains, they enter a hazardous 40-kilometre stretch at Rogers Pass in Glacier National Park in B.C. The scenic route features no less than 138 known avalanche paths above the highway.

To keep the public safe, Parks Canada — along with the Department of National Defence — has stood at the ready since 1962, working 24-7 with a variety of avalanche-control tools.

And, when needed, they bring out the big gun: a 105-mm howitzer cannon that launches pre-emptive artillery strikes that trigger slides well before they've built up to a point that threatens the highway (which sees approximately 4,000 vehicles daily).

Department of National Defence forces cover their ears while sending blasts to safely trigger an avalanche. PARKS CANADA

"We operate the world's largest mobile avalanche control program. The howitzer can be deployed any time, day or night. Even in the middle of a snow storm," explains Jeff Goodrich, senior avalanche forecaster at Parks Canada.

In order to keep the public safe during the blasts, traffic along the highway is closed in both directions and backcountry users with winter permits in Glacier National Park are notified to stay out of winter-restricted areas that are closed.

Howitzer facts

The gun is used an average of 20 times each winter and can strike at 270 targets from 17 gun positions.

The operation is a sight to behold — not to mention hear — and extremely effective.

"If you look at our 51 years running the program, we've had no fatalities (involving the travelling public)," says Goodrich. "It's a highly diligent program."

MATT KIELTYKA/METRO IN VANCOUVER

Initiation into the wild

Staying safe in Mother Nature's wicked winter wonderland is an art and science.

Knowing how to use survival gear, being able to identify and traverse terrain and learning about snow science are all crucial for avoiding disaster.

That's where Avalanche Skills Training (AST) courses come in.

"The statistics for surviving avalanches are very grim, so it's definitely a safety move," says John Grant, an AST instructor with Vancouver's Canada West Mountain School.

John Bardsley, left, and Steve Roberts at an Avalanche Skills Training course. JENNIFER GAUTHIER/METRO IN VANCOUVER

Weekend courses at the school take students through a full day of classroom study before putting their newfound knowledge to the test in the backcountry.

The Canadian Avalanche Centre (CAC) — which sets the criteria for public AST courses — says about 7,000 people took a course last year.

"To go into the mountains in the winter, you just need to have the gear," says CAC forecast co-ordinator Ilya Storm.

"Having a beacon, probe, shovel is just like having a seatbelt or an airbag in your car."

Grant says more people are taking the course as a "door-opener" to the backcountry.

It was an easy choice for Steve Roberts and his girlfriend.

"We've been resort skiers for a long time now and we're looking to go into the backcountry," Roberts says after a stressful avalanche rescue simulation. "You can read ... but until you start doing it yourself, you have no idea.

"When it comes to decision making ... things can get complicated and you can get excited, so it's really important to have that base knowledge."

The course is just an introduction to the backcountry. Practice with gear and real-world experience are also vital.

"This is just the start," says Karin Hung after a field day with her AST1 class. "There are so many high-profile stories about people making the wrong decisions, I think it's important to get informed."

A full list of CAC-certified courses can be found at avalanche.ca.

MATT KIELTYKA/METRO IN VANCOUVER

Exclusively online

What you pack could save your life. Find the "holy trinity" of survival gear at metronews.ca/safetykit.

To protect the Trans-Canada Highway and the Canadian Pacific Railway from avalanches in Rogers Pass, B.C., Parks Canada and the

GUNS

Department of National Defence bring out a 105-mm Howitzer. PARKS CANADA

Ilya Storm, forecast co-ordinator at the Canadian Avalanche Centre, and his team are responsible for generating public avalanche bulletins from their headquarters in Revelstoke, B.C. MATT KIELTYKA/METRO IN VANCOUVER

Forecasting risk

The watchers.
Avalanche analysts play critical role in preventing tragedy

MATT KIELTYKA
Metro in Vancouver

Hidden away in a nondescript building in the heart of Revelstoke's quaint snow globe-esque downtown is the nation's avalanche nerve centre.

Upstairs in a second-floor office, terrain maps litter the central room.

Known avalanches are plotted on a map of British Columbia regions on a wall.

Three forecasters, eying up two computer screens each, compile weather and snowpack information, frantically put together public avalanche forecasts and send out localized bulletins — all while handling a rush of media interviews.

Welcome to the Canadian Avalanche Centre (CAC).

"It gets busy on days like these," said Ilya Storm, the CAC's forecast co-ordinator, in an interview earlier this month after snowstorms hammered the mountainous regions in southeast British Columbia.

The has been "extreme" during the storms.

But the coming weekend calls for blue skies, which means skiers, sledders and snowshoers will be heading to the backcountry en masse to take advantage of the fresh snow as the danger level is downgraded in most regions to "considerable."

It can be a recipe for disaster.

"That's where we run into problems," said Storm. "When the risk is extreme, it's an easy decision to make … you stay home. This weekend, we'll have fewer avalanches but we'll have blue skies, good riding conditions, so more people will be out there. And when you see other people riding hard, it's tempting to go out and push it a bit more."

In terms of human-triggered fatal avalanches, weekends like that are the most dangerous, so Storm and his team are getting the message out through bulletins and the media.

"Half of our job is the forecasting, the technical analysis and the science of it," says Storm. "The other half is effective communications and how we talk to people. Decision-making, drive and motivation are big factors and we bring that into play in our forecasts."

The CAC was established in 2004 in the aftermath of a deadly, record-setting winter that killed 29 people the year before.

Analysts glean information coming in from virtually every private and public operator in Western Canada — shared by professionals through the Canadian Avalanche Association's Information Exchange (InfoEX) system — to create its public forecasts.

Each day, the team — which includes forecasters in satellite offices — creates daily forecasts for 12 regions.

Once a week, they'll create a long-term forecast.

They're customized documents that provide essential information on conditions and avalanche terrain for anyone venturing into the backcountry.

In the 2011-2012 season, the CAC received 1,413,230 bulletin requests.

Storm sees the bulletins as a critical public service.

"The outdoors is part of what we sell to people," he said. "As a society, (forecasts and avalanche education are) something we should support. It can serve people well."

The members of the Canadian Avalanche Centre know this better than most.

It's what keeps them going through those busy days.

"We are all avid recreationists, we love getting out into the mountains. I think most people here have some kind of a sad story," said Storm. "That's why it feels like good work. We're all trying to prevent the next tragedy because we've all been touched by avalanches."

Blue skies spell trouble

"This weekend we'll have fewer avalanches, but we'll have blue skies, good riding conditions, so more people will be out there."

Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre, who says human-triggered avalanches are most common during good weather.

The North American avalanche-danger scale, developed by Parks Canada, is now used throughout the world. CONTRIBUTED

DAY 4

STAYING ALIVE

Tomorrow: Moving On
Justin Trudeau on the loss of his brother Michel in a 1998 avalanche.

In Kitchener-Waterloo, hometown crowds root for BlackBerry launch

The hometown of the company formerly known as Research In Motion celebrated the launch of the new BlackBerry 10 Wednesday as one of the region's biggest accomplishments yet.

More than 150 politicians, entrepreneurs and business people filled a hall in the building of a local technology association to watch a live video stream of chief executive Thorsten Heins as he made a glitzy, Steve Jobs-style presentation of the new flagship product in New York City.

The crowd let out a roar as Heins flashed the smartphones, seen as make-or-break devices for the company — a major employer in the Waterloo region.

They also cheered and applauded when the firm's new name, BlackBerry, was announced, although not quite as loudly.

The event kicked off a day of planned celebrations in Waterloo and neighbouring Kitchener, which have both strung up BlackBerry street pole banners marking the launch.

Kitchener Mayor Carl Zehr hailed the BlackBerry 10 as a "game changer" that will boost sales for the embattled company. "It's gone through its difficult times, but we've stuck by it and I think that they have come up with something that is going to blow people's minds."

THE CANADIAN PRESS

No pressure

"Its success is our success. I hope it does well."

Local home restorer Tony Katic, who has friends working for BlackBerry, said that what's good for the firm is good for everyone in Kitchener-Waterloo.

Z10 gets 4 of 5 stars

Review. Metro looks at what's great, and not so great, about much-hyped device

JESSICA SMITH
jessica.smith@metronews.ca

The BlackBerry Z10 is attractive, easy to use and easy to type quickly with. The predictive text system works well, and being able to "flick" words from the virtual keyboard onto the screen is a bonus.

The OS is run by swiping across the screen in different directions, which, once learned, makes navigating around the phone easy.

Browsing isn't anything like it was on old BlackBerry. Web pages load properly and streaming video works.

The BlackBerry Hub, where you can easily access notifications, emails, texts, PINs, and social-media messages without actually leaving the app you were using, works very well and will be very familiar to BlackBerry users.

The major drawback is the apps. At the launch in Toronto, a BlackBerry official told reporters to look for announcements in coming days, but could give no guarantees that major apps, including Instagram, Netflix and Google Maps, would ever be available.

Other apps, such as the RBC banking app, are expected but are not yet in BlackBerry World. As for the other major Canadian banks, none have guaranteed apps yet.

Apps for Skype, Kindle, Facebook, LinkedIn, Twitter, Foursquare, Dropbox, SoundHound, The Weather Channel, Evernote, and Rdio are available, and the major game-makers are in the process of bringing over their apps as well.

The Z10 competes with the iPhone and Android phones like Samsung's Galaxy SIII on everything but apps, and fortunately for BlackBerry, the app situation can change.

However, after waiting an extra year for the release of the new OS and the new phones, the lack of some major apps is bound to disappoint some consumers. It's bad news for the company if consumers choose to hold out longer to see if their favourite apps arrive.

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RIM rebrands as BlackBerry, launches long-awaited phones

'We heard you loud and clear.' Buzz around clever predictive text, better OS, message hub, and 'time-shift' photos

JESSICA SMITH
Metro in Toronto

The media awaits the introduction of the Blackberry 10, Wednesday, in New York. The new phone is the fruit of a crucial, long-overdue makeover for the Canadian company. MARK LENNIHAN/THE ASSOCIATED PRESS

BlackBerry launched a new operating system, two new phones, a rebranding and a comeback attempt on Wednesday.

The Waterloo-based company BlackBerry — which until Wednesday's rebranding was known as Research In Motion — held simultaneous events in New York, Toronto, London, Paris, Dubai, Johannesburg, Jakarta and Delhi.

Thorsten Heins, president and CEO of the company since co-founders Jim Balsillie and Mike Lazaridis resigned a year ago, appeared live on stage at Pier 36 in New York and on video at the global launch events.

The launch was initially scheduled for a year ago.

"We have transformed ourselves inside and out," said Heins. That transformation was "heartfelt" and required the company to be brutally honest, he said.

BlackBerry is releasing two phones that use the new BlackBerry 10 operating system. The Z10 is a touchscreen phone that uses a virtual keyboard with a unique form of predictive text, allowing users to "flick" entire words from the keyboard into their messages and documents.

The Q10 has a physical keyboard, but will not be available until April.

"We heard you loud and clear," said Heins. "We built this for those people who said they just had to have the physical keyboard typing experience."

The BlackBerry 10 operating system includes a hub for all communications, including schedule notifications, Twitter and Facebook messages, BBM pins and text messages.

The OS includes BlackBerry Balance, which allows separate functions and controls for people who want to separate their phone's functions for their work lives from their personals lives.

The Z10 has 16 GB of storage, a 4.2-inch touch display, a battery with up to ten hours of talk time and 4G capability. It also has a front camera and an 8-megapixel rear camera, built-in photo editing and filters. Its most-hyped photo feature is "time shift," which allows users to scroll through different versions of the same photo to select, for example, a moment before a subject blinked.

BlackBerry's new app store is BlackBerry World, where 70,000 apps are available and users can pay to download music, movies and TV shows.

Market Minute

DOLLAR 99.85¢ (+0.09¢)

TSX 12,794.44 (-36.11)

OIL $97.94 US (+37¢)

GOLD $1,681.60 US (+$18.90)

Natural gas: $3.34 US (+8¢)
Dow Jones: 13,910.42 (-44)

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Saturdays: 9am to noon (7 Levels)
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
April 8 to June 29, 2013
Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (6 LEVELS)
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Level 2 and 4 – 12:30 pm to 3:30 pm;
Level 5 – please check our website
March 18 to April 12, 2013
Level 1 and 3 – 12:30 pm to 3:30 pm;
Level 2 and 4 – 9 am to noon;
Level 5 – please check our website

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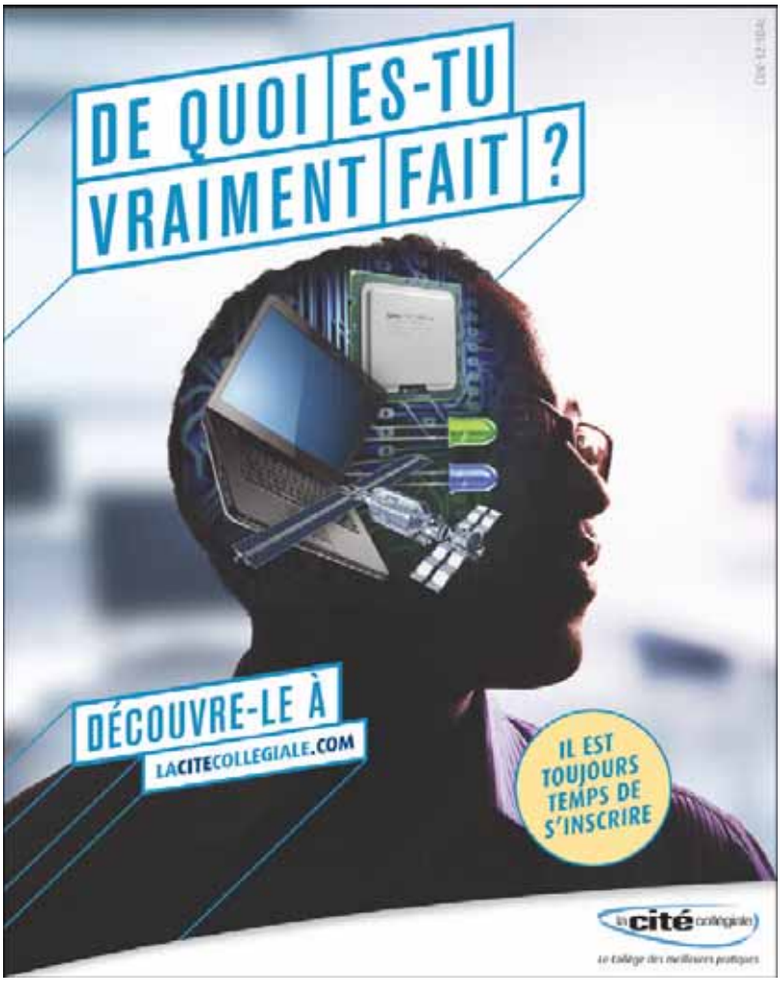


SPACE TRAVEL IS ALL ABOUT MONKEYING AROUND

HE SAYS...
John Mazerolle
metronews.ca

Have you noticed how laissez-faire coverage of space exploration is these days? I'm excited about how dull outer space is getting.

There's a Canadian in orbit and we're focusing on his Twitter feed and his guitar playing. Meanwhile, Iran sent a monkey into space and it only got equal coverage (maybe) with a monkey in an Ikea parking lot. If Iran wanted attention, they should have dressed it in an adorable shearling spacesuit.

I'm not lamenting this lack of excitement. I think it's amazing and wonderful that we've gotten used to it. I like to think it means we've accepted it as our destiny, rather than having gotten bored with it.

To understand how we got here (or there), here's a completely accurate timeline of human space exploration.

1949: The U.S. sends a monkey into space. Harry S. Truman delivers a triumphant message to the world that reads, in part, "Top that, future Iranian theocracy."

1956-1957: Russia launches Sputnik I and Sputnik II: Electric Boogaloo into space, the latter with the dog Laika on board. The dog dies, giving the U.S.S.R. valuable Cold War information about the need to feed your dog in space.

1958: Soviet spacecraft Zond 5 is thought to be the first vessel to orbit the moon, though we now realize the craft actually orbited an American television studio in Nevada.

1961: Astronaut Alan Shepard becomes the first person that matters, or "American," in space.

1955-1971: The Soviet Union has the first satellite, spacecraft, human in space, woman in space, spacewalk, lunar rover and space station, but, as history teaches us, the U.S. is the winner of the space race because they were the first country to use the moon for golf.

1962: John Glenn becomes the first American to orbit Earth. He sees the Earth as it really is, a fragile home of one unified species, and is told that if he shares those feelings with anyone he will be executed for treason.

1972: Eugene Cernan and Harrison "Jack" Schmitt are the last men to walk on the moon, and are loved forever, as can be proven by the fact that you have no need to look up whether those are their real names or just a couple of names I made up.

1976: America's Viking 2 finds the first possible signs of life on Mars: chewed cigar ends, two open condom wrappers and a sink full of dirty dishes.

1981: The Canadarm is sent into orbit, the first limb of the action hero Canadar. When the final piece, the Canabdomen, is sent into orbit next year, the SuperRobot will rule the world from space, and kick some Canadass.

1996: Khan Noonien Singh takes the DY-100 class interplanetary sleeper ship Botany Bay out of the solar system.

2012: Canadian Chris Hadfield — a hyper-intelligent, unbelievably eloquent and experienced pilot-musician who can use Twitter constantly without being annoying and can rock a moustache no problem — is launched into space by a bunch of guys who were feeling insecure whenever he was around.

2013: Iran sends a monkey into space. The mission is considered a failure when the monkey's guitar playing is mediocre at best and his tweets are nothing more than repeated requests for more bananas.

Iran said it has launched a monkey into space. The U.S. worries that technology from the space program could be used to develop long-range missiles that could potentially be armed with nuclear warheads. THE ASSOCIATED PRESS

Wintry bubble bath

CHIP PHILLIPS/REX FEATURES

Ice photography

Surreal bubbles frozen in icy lake

Eerie, painterly and almost supernatural, these bubbles are in fact a real wonder.

This stunning photograph shows hundreds of frozen bubbles trapped below Abraham Lake in Alberta. Located at the foot of the Rocky Mountains on the North Saskatchewan River, the rare phenomenon occurs each winter in the man-made lake. **METRO**

Sub-zero bubble bath

- Organic matter on the lake bed releases methane gas, which freezes as it comes up to the surface. Normally, methane turns into carbon dioxide before reaching the surface.
- Bubbles keep stacking up below the frozen lake once the weather gets colder.
- Stacks of frozen bubbles are reminiscent of slabs of rock that form volcanic pillars.

Expedition experience

'My forehead was bleeding a little'

Judging by the photographer's experience, this photography is not without its perils.

"I use crampons to avoid slipping, but on one of my first trips to the lake, a giant gust of wind came barrelling down, picked me up and threw me back on the ice," said Chip Phillips, the photographer. "My forehead was bleeding a little ... so I am very careful when I go out now." **METRO**

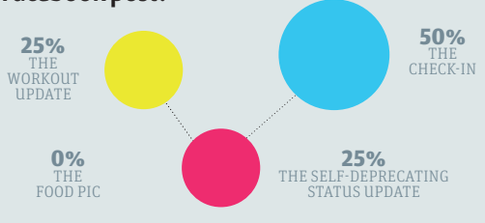
Photographer's view

"You have to walk out on the ice to photograph the bubbles, the icy surface is around 22 centimetres deep."
Chip Phillips, 40, photographer from Spokane, Wash.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the most cringe-worthy Facebook post?



Twitter

@JayNezzy:
Dentist again. The things we do to enjoy eating. Keep brushing, folks! Wisdom teeth next time.

@FraserMcDonald:
Show this to your kids - @Cmdr_Hadfield answers burning questions kids have about life in space: http://t.co/RT1QwgPM

@Amy_Scarlett:
Lesson of the day: Don't force creativity.

@OMWP31:
@DaphneOz what's you and your dad's take on eggs vs egg whites? Eggs have fat/cholesterol but carry all the nutrients than just the whites

@daveheintzman:
Rear ended on woodroffe. More evidence that teenagers shouldn't drive cars! Not my favourite day.

@lapalamar:
Oh heaven, thy name is "my bed". #sick #feelingSorryforMyself

metro

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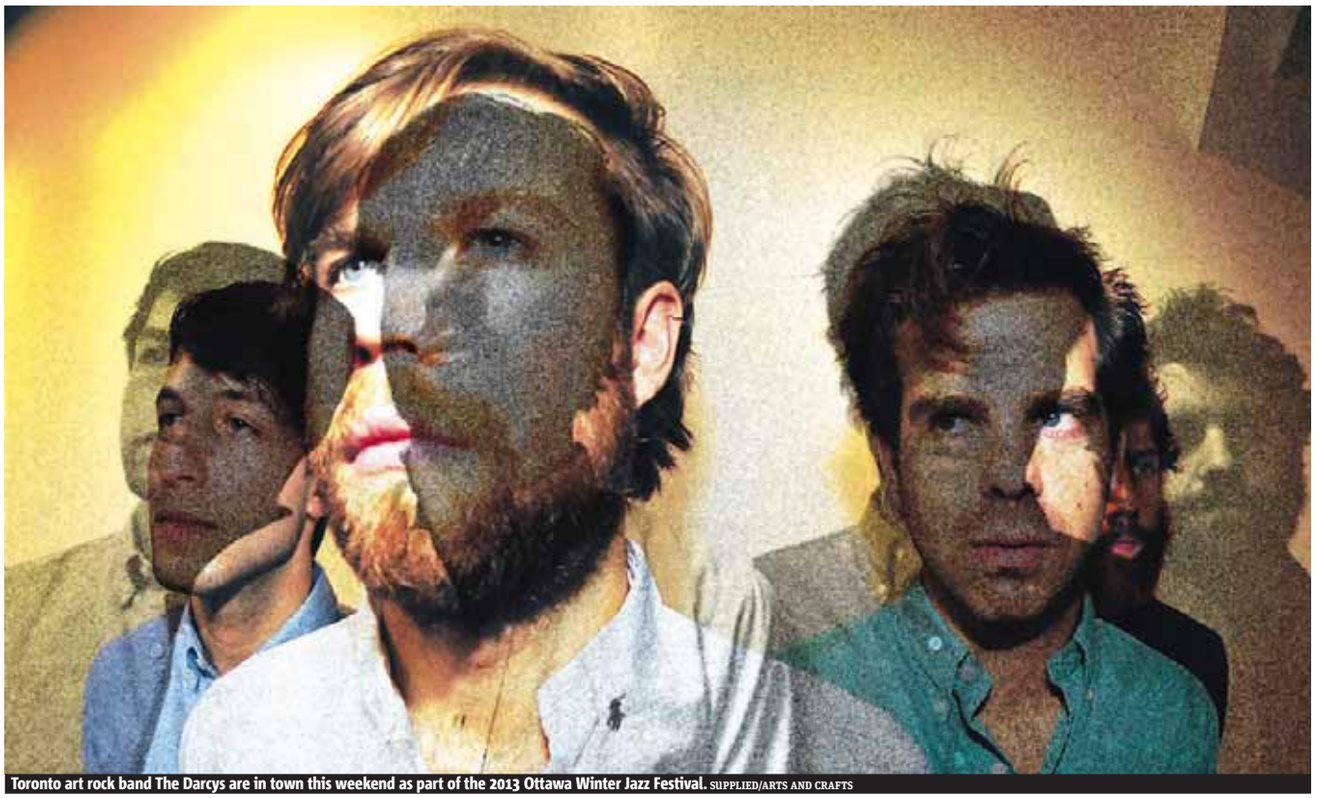
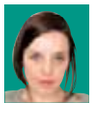


Toronto art rock band The Darcys are in town this weekend as part of the 2013 Ottawa Winter Jazz Festival. SUPPLIED/ARTS AND CRAFTS

When hard work pays off

The Darcys. Indie band sticks together through shakeup and comes back ready to reveal new material from latest album



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Any Canadian indie band will tell you that it's tough to make it in the music business, but one could argue that Toronto art rockers The Darcys have likely faced more challenges than most.

In 2010, just as they were getting set to release their self-titled sophomore album, the band's front man unexpectedly quit, leaving the remaining members facing a messy lawsuit and questioning whether or not to continue as a group.

"Looking back on it, I have no idea what kept us going," admits drummer Wes Marskell. "We knew it was a good record, the record we always wanted to make so we just needed to find a way to get there — to get a label, to get funding, to get backing. We just thought that if we could work harder than everyone else, maybe we'll get there."

Rather than calling it quits, The Darcys pressed on, re-recording the album with guitarist Jason Couse on lead vocals.

They landed a multi-album deal with indie record label Arts & Crafts, who released the refurbished eponymous album and a follow-up, Aja, the band's interpretation of Steely Dan's 1977 bestselling original, for free.

This year, The Darcys will release another album. They'll even use a show here in Ottawa on Saturday night to perform the new material for the first time live.

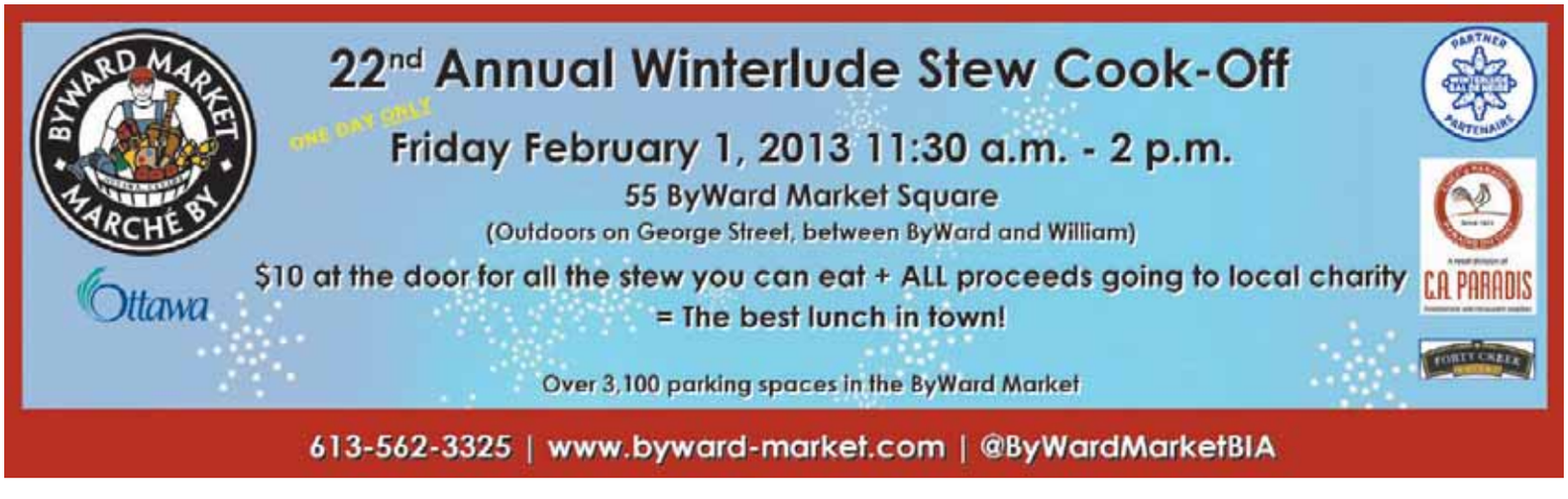
Marskell admits that, after going through everything the group has been through, things seem a bit easier now.

"We're still pushing and growing as a band but I feel like there are no roadblocks anymore. We can actually try to focus on just making a record so that part of it is really rewarding," Marskell says, adding that the group is looking forward to this next chapter.

"To be honest, getting this new record out there will be that moment because I think we're still tied to that story and what happened and what we went through and I feel like, once this record comes out, it will sort of renew the whole process and we'll be a much different band and it will be a much bigger record."

If you go...

- **The Darcys.** Check out them out this weekend as part of the second annual Ottawa Winter Jazz Festival. They'll be hitting the stage at Academic Hall at the University of Ottawa at 9 p.m. on Saturday with openers Pawa Up First. Tickets are $12. For more info, go to ottawajazzfestival.com.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SAT, FEB 2

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RAIDERS OF THE LOST ARK
2:10PM

INDIANA JONES & THE TEMPLE OF DOOM
4:40PM

INDIANA JONES & THE LAST CRUSADE
7:00PM

INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL
9:30PM

COCKNEYS VS ZOMBIES
11:59PM

SUN, FEB 3

GREMLINS
12:00PM

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A CLOCKWORK ORANGE 4:00PM	OLDBOY 2:20PM	GREMLINS 2:35PM	CASINO 4:00PM
BATTLE ROYALE 7:00PM	GREMLINS 4:50PM	AN AMERICAN WEREWOLF IN LONDON 4:50PM	RESERVOIR DOGS 7:30PM
OLDBOY 9:25PM	GOODFELLAS 7:05PM	JAWS 7:10PM	PULP FICTION 9:40PM
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Nicki Minaj. Singer not worried by Grammy snub

Nicki Minaj believes her Grammy time will come. THE ASSOCIATED PRESS

Despite having a big year in music, Nicki Minaj didn't receive any Grammy nominations. Not a problem, she says.

"I've gotten tons of awards and I believe when it's my time to get a Grammy, I'll get a Grammy," she said. The 30-year-old had one of last year's biggest hits with Starships and her sophomore album, Pink Friday: Roman Reloaded, has reached gold status.

But Minaj, who received three Grammy nominations last year, was shut out when this year's nominations were announced. "I think that the Grammys had a different reason, that I do not want to discuss ..." she said. "But I respect their organization and I'll get a Grammy eventually. I'm not worried about it."

A representative for The Recording Academy didn't immediately respond to an email Tuesday seeking comment.

Minaj was criticized when she released her sophomore album last April for taking on a pop-and-electronic sound that echoed Katy Perry, Rihanna and Ke$ha. Roman Reloaded is a mesh of hip-hop, dance, pop, R&B and reggae flavours. "I understand that artists and critics make a big deal over the Grammys. But when I go to my shows and I'm selling out arenas in London and Australia, there aren't any Grammys there," she said."

THE ASSOCIATED PRESS

Sheeran a star on the rise

Q&A. The British musician on his forthcoming duet with Elton John, dating and Taylor Swift

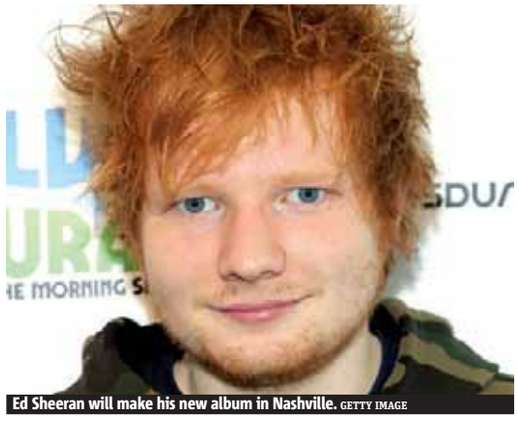
MEREDITH ENGEL
Metro World News in New York

British singer/songwriter Ed Sheeran is nominated for song of the year for The A Team at this year's Grammys, but he's been a member of an "A Team" for quite some time.

He is the writer behind the One Direction songs Little Things and Moments, and last year he performed at the Olympics and the Queen's Jubilee. This year, he's shaping up to be a star player.

He has a sold-out show at Radio City on Wednesday night, plays a duet with Elton John at the Grammys and joins Taylor Swift on her Red tour this summer. Metro caught up with him for a chat.

Congratulations on your Grammy nomination! How did you hear about it?



Ed Sheeran will make his new album in Nashville. GETTY IMAGE

I didn't expect to be nominated and I was quite drunk at the time as well, so all these "Congratulations!" texts were coming in and I kind of thought it was for something else.

Tell us about performing with Elton John.

Yeah, I mean, it doesn't really get bigger than that. ... He rung me up and was like, "So, how would you feel about playing the Grammys with me?" and I was like, "Um, yeah, I think that could probably work."

Will you be nervous sharing the stage with him?

You know what, I'm not nervous about being on TV and I'm not nervous about it being a duet with Elton, but I am nervous having to play in front of — like, it's one thing being from Britain going to a British awards show because when you go to that you kind of know 95 per cent of the people there. But I've never been in front of — pretty much the whole of the American industry. I don't know any of them, apart from someone like Taylor (Swift). I mean it's good, it puts me on the map, but it's also quite nerve-racking.

Speaking of Taylor Swift, you'll be joining her on tour this summer.

Yeah, it starts in March and finishes in September. It should be great.

You're friendly with her already, and you're touring together this summer. Will you hang out during your downtime?

In my time off I'm gonna be making an album. I'm moving to Nashville for a bit while I make a record and I think Taylor lives just around the corner, so we'll be hanging and probably writing more music.

Since you're on her album, Red, can we expect to hear her on your next CD?

Um, probably not, no. I'm gonna kinda steer away from doing collaborations, I think, on this record. ... (But) if we end up writing a song that's completely mind-blowing, then yeah.

SPA JUNKIE AND The ART OF STRAIGHT TALK
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In the search to be understood, why is finding a great stylist more difficult than meeting your true love? Sound familiar? If you've had more bad do's than good dates then sister, it's time to visit Spa Junkie.

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Operation E release under threat from court case

Clara Rojas, portrayed in Operation E, has filed a motion to prevent the release of the film. HANDOUT

Colombia. Award-winning movie may not see release in country of origin due to motion filed to protect child

It's one of the most heart-tugging tales of Colombia's long civil conflict: Rebels appear at the jungle home of a poor farmer carrying a seven-month-old boy with a bandaged left arm.

The farmer tells them that the medicine man they seek isn't around.

They leave the baby anyway, and promise to return the following day. But they don't.

The abandoned child won't see his hostage mother until an emotional reunion after she is finally freed from captivity three years later.

Now an award-winning movie about the case has itself become a part of the drama.

Clara Rojas, who gave birth to Emmanuel in 2004 while a hostage of Colombia's main leftist rebel group, has asked a court to prevent the film, Operation E, from being shown in the country, saying it would harm her child and "the free development of his personality."

A ruling could come this week in a case that has brought Rojas under criticism from anti-censorship advocates including writers, film critics and even President Juan Manuel Santos, a former newspaperman.

Rojas was campaign manager for presidential candidate Ingrid Betancourt when the two were seized by the Revolutionary Armed Forces of Colombia, known as the FARC, in 2002.

THE ASSOCIATED PRESS

The Vaccines. Winding road to success adds to Come of Age album

The first refrain a listener will hear on the Vaccines sophomore album is Justin Young, singing in a snotty punk voice, "I don't really care about anybody else when I haven't got my own life figured out."

This admission seems curious for a band who seem to have found their footing and are arguably living up to their latest album's title, The Vaccines Come of Age. But Young says coming of age is not without its growing pains, and the lyrics really ring true for him.

"It's just about being in your 20s, and it's a very weird time because you're expected to know who you are and where you want to go and how you want to get there, and I guess not everybody really does," he says. "And this is the first time in your life where you realize that you and your friends are at different points on the path."

The path has been a scenic one for the past few years for Young and his cohorts, guitarist Freddie Cowan, bassist Árni Arnason and drummer Pete Robertson, if not a bit of a blur. This path included a great debut in 2011 (What Did You Expect from The Vaccines) and a number one album in their home country of England when Come of Age came out this fall.

"For us, it felt like a more accomplished record," says Young, "as it perhaps should and would a year-and-a-half later of having been playing together every night."

A little too literal

"I really didn't want to make a record about being in a band and being a musician."

Justin Young
Talking about making their new album.

But even with the band chemistry continuing to ferment, there is still an agitation to these songs that give the album life.

"When you're a kid and you see these people in these bands, you think they're these perfect beings beamed down from space," says Young. "I definitely don't feel like a different person, but perhaps I'm expected to be. I really didn't want to make a record about being in a band and being a musician. I think that really disconnects you from your audience."

But Young insist these are no spoiled rock star blues he's experiencing. He says it's almost the opposite.

"We're incredibly lucky and we're doing everything we've ever wanted to do and we're happy, but it's like it doesn't matter what position you're put in, it still doesn't change you as a person. You can only ever find happiness within yourself."

PAT HEALY/MWN

The Vaccines are trying not to be repetitive on their sophomore album. HANDOUT

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Jeremy Hotz

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan

Lohan calls in sick to court date

Lindsay Lohan is no stranger to missing court dates but at least this time she apparently has a good reason. Lohan planned to miss yesterday's hearing because she was feeling ill, according to E! News.

The troubled starlet is still in New York, where she has reportedly come down with the flu, and the condition is said to be serious enough that she managed to get a doctor to declare her unfit to travel.

Harry Styles

Harry Styles goofs on photographer

One Direction's Harry Styles is not one to turn down a request from a fan, even if that fan happens to be the daughter of a paparazzo.

A London photographer recently pressed the boybander for an autograph for his daughter, Emma, and Styles was happy to oblige, according to Xposure Photos. His message?

"Dear Ella, Please tell your daddy to go away. Love from Harry x"

The Word

Jason London in his better days. ALL PHOTOS GETTY IMAGES

A Dazed and Confused disaster

THE WORD
Dorothy Robinson
scene@metronews.ca

All of those Tiger Beat questionnaires that Dazed and Confused star Jason London had to fill out in the '90s never foresaw him crapping in the back seat of a cop car.

Yes, the former teen heartthrob got into a bit of a mess in Scottsdale, Ariz., on Saturday night after getting into a bar fight with some bouncers. According to the police report, cops were called and London was so nuts that he had to be subdued after shoving a few officers.

But it was in the backseat of the cop car on the way to being booked where it gets bad. En route to the station, London started throwing insults to the cops.

"I f—ing love this. I f—ing own you guys so hard," he reportedly yelled. "I'm rich and I'm a motherf—ing famous actor! F—ing look me up, bitch. It smells like s—t in your car and your breath smells like diarrhea."

Jason London's mugshot.

The actor then allegedly leaned to the left and pooped his pants. London, not one to forget his theatre training, then gave this zinger: "I told you I'm happy as s—t."

London was eventually arrested for disorderly conduct/fighting and assault, and for realizing that you don't need to take similes literally.

Twitter

@PaulaAbdul
Don't let the 1st month of the New Year go by w/o doing something that gets you closer to your goals!

@Oprah
Thanks everyone for your birthday wishes. Enjoying lunch with Stedman . No plans to leave p.j.'s all day

@JohnCleese
When the Mayans spoke about the end of the world they were referring to the end of civilisation.

@AlbertBrooks
Been forcing a smile all day to see if it would make me happy. My jaw is killing me.

Alec Baldwin

Alec Baldwin could be adding to his clan

Alec Baldwin may be preparing for fatherhood again, according to reports from In Touch.

Sources tell the magazine that Baldwin's wife, Hilaria, is pregnant with the couple's first child.

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts," the source says.

But Baldwin's reps are eager to put such claims to rest.

"Our response to baby speculation over the past 18 months has remained the same: When and if (Alec and Hilaria Baldwin) have news they want to share, they will share it," the reps posted via Twitter.

"Until then, we have no comment."

Baby bump?

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts."
Source

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KHLOE KARDASHIAN

As she promotes her makeup line, Khroma Beauty, X Factor USA host Khloe Kardashian opens up her beauty cabinet, reveals the family beauty secrets and gushes over baby Kimye.

SISTER ACT

ROMINA MCGUINNESS
life@metronews.ca

Khroma Beauty, the cosmetics line Khloe Kardashian has launched with her equally famous sisters, is made up of face palettes, mascaras and lip glosses with snazzy names like Kardazzle and, most intriguingly, Shebang. So she is naturally a goldmine of beauty advice on everything from eye makeup ("Never share an eye pencil or mascara; you don't know what infections people have!") and blemishes ("I'll put some concealer on here and there and use loose facial powder, but never all-over foundation.")

But when it comes to the topic we're all wondering about, she only has this to say about her soon to be niece or nephew, most commonly known as baby Kimye: "We're so excited!" She gives us a peek inside her beauty cabinet.

Khroma Beauty Kurve

$15, khromabeauty.com

"I get very oily so I always have loose facial powder on me and oil blotting paper."

Lancôme Hypnôse Mascara

$27, lancome.com

"My eyes are my favourite assets. I don't wear false lashes, just mascara. So I always have one in my purse."

Q+A

Khloe on...

Growing up Kardashian

"I wasn't allowed to wear full on makeup until I was 15. I could only wear it on my eyes. So one time, when I was in the sixth grade, I picked out this blue shadow that was just not cute. My sisters tried to tell me to tone it down. They taught me the tricks of the trade. I would watch what they did and try to mimic them. And my mom would always say: 'If you don't have time to do anything, just make sure you put a pop of colour on your lips'. You don't need much more."

Feeling beautiful, while married

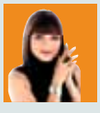
"Makeup or no makeup, you have to be comfortable in your own skin, especially in the bedroom. If you're not, it could shine through. But if your partner is constantly telling you you're beautiful, then you don't really care what you wear or what you look like. Beauty isn't just about makeup. It's about taking care of yourself."

Looking camera-ready, all the time

"Always carry a huge pair of sunglasses with you. There's no need to be wearing a full face of makeup and stilettos all day, every day. Just do little things, like brushing your hair before you leave the house."

Khloe Kardashian / GETTY IMAGES

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Main course (lamb) of 5 course tasting menu has arrived at my favourite Paris restaurant Le Comptoir

@Jeanne_Beker: Sitting in the legendary Cafe. Flore across from my amazing Bekky, on my last day in Paris. Sigh...

@RWchichi: I want to be the next @Jeanne_Beker

@Jeanne_Beker: You should aspire instead to be the first YOU!!!! It's all about being a true original in this business. :)

@RWchichi: Great advice! Can't help it if your career is a total inspiration though!

@Jeanne_Beker: xoxo! Be fearless and tenacious. And develop a unique point of view! Good luck....

@CVanB: @peoplesrev @Jeanne_Beker 2 women I am thankful for writing books showing me it is possible to do what you love no matter what. #Thanks

@Jeanne_Beker: Great to hear! Just follow your dream and don't take no for an answer! xx

Dining with Bayou Billionaires

TV. Kitten Dowden and her family are invading the small screen. Before they do, she shares her kitchen secrets

IZABELA SZYDLO
life@metronews.ca

A short while ago, the Dowdens were like a lot of other hard-working Shreveport, La., families — pinching pennies and balancing budgets.

Now they're hiring personal trainers and exploring new business ventures on CMT's Bayou Billionaires after discovering their home sits on the fourth largest deposit of natural gas in the United States.

At the head of the family are Kitten and Gerald Dowden, who lead their brood of kids, grandkids and Kitten's 90-year-old father, Grandpa — an old-fashioned ladies' man.

Aside from enjoying their fortune, the Dowdens do some serious cooking — think gumbo, jambalaya, crawfish bisque, blackened chicken, red beans, bread pudding and more.

Kitten tells us her cooking secrets, family food traditions and shares a recipe from her own kitchen.

Catch them on TV

Bayou Billionaires premieres on Friday at 9 p.m. ET on CMT.

How important is it for your family to eat together?
I've always preached to my kids that families should have dinner together every night of their lives. That's the problem with family units these days — they don't all sit together and have dinner.

Are there any food traditions that the Dowdens practice?
I always tell my girls that you should always leave something on your plate. That's a little etiquette tip for the girls.

Who is the best cook in the family? The worst? Why?
I am the best cook, absolutely. I've cooked all my life. My mom and my grandmothers showed me everything and I loved to watch and learn. The worst cook would have to be my daddy. He burns everything and he always makes a big mess.

What are some of the most common ingredients you cook with?
A lot of spice, peppers, butter and bacon grease.

Kitten and Gerald Dowden star in Bayou Billionaires, after discovering their home sits on the fourth largest natural gas deposit in the United States. SUBMITTED

What are the most popular bayou dishes?
The most popular are anything with crawfish such as gumbo, étouffée and Jambalaya.

What does alligator taste like?
I think alligator tastes like chicken and Gerald says it tastes like pork. The texture is like pork, but it tastes like chicken.

Dinner. Spicy Sausage and Crawfish Jambalaya

1. Heat oil in large pot.

2. Season sausage and crawfish with Cajun seasoning. Set aside.

3. In pot with heated oil, sauté onion, bell pepper, celery and garlic until tender. Stir in crushed tomatoes and season with red pepper, black pepper, salt, hot pepper sauce, Worcestershire sauce and filé powder.

4. Stir in sausage and crawfish. Cook a few minutes, stirring occasionally.

5. Stir in rice and chicken broth. Bring to boil, reduce heat and simmer 20 to 30 minutes until liquid absorbed and rice is tender. I like chopped green onions on top. Check taste to see if it needs salt.

Ingredients

- 2 tbsp oil
- 10 to 12 oz Andouille sausage or smoked sausage, sliced bite size
- 1 1/2 cups crawfish tails (approx)
- 1 tbsp Cajun seasoning
- 1 onion, chopped
- 1 small bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, chopped
- 1 16 oz. can crushed tomatoes
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1 tsp salt
- 1/2 tsp hot pepper sauce
- 2 tsp Worcestershire sauce
- 1 tsp filé powder
- 1 1/4 cup uncooked white rice
- 2 1/2 cup chicken broth

RECIPE COURTESY OF KITTEN DOWDEN

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Photo: T. Courtney

Photo: K. Butler

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www.chocolate.carefor.ca

Cranberries star in brunch scones

Not only are these scones delicious, but since they're studded with the jewel tones of Canadian-grown cranberries, they're perfect for entertaining.

1. Heat oven to 220 C (425 F). Line 1 or 2 large baking sheets with parchment paper.

2. In a glass measuring cup or a bowl, stir lemon juice into milk; set aside.

Ingredients

- 30 ml (2 tbsp) freshly squeezed lemon juice
- 250 ml (1 cup) milk
- 675 ml (2 3/4 cups) all-purpose flour (approx)
- 125 ml (1/2 cup) granulated sugar
- 15 ml (1 tbsp) baking powder
- 1 ml (1/4 tsp) each baking soda and salt
- 125 ml (1/2 cup) cold butter, cut into cubes
- 250 ml (1 cup) fresh or frozen cranberries, cut in half if large

Topping
- 10 ml (2 tsp) milk
- 10 ml (2 tsp) granulated sugar

This recipe makes 12 scones. THE CANADIAN PRESS H/O

3. In a large bowl, combine 675 ml (2 3/4 cups) flour, sugar, baking powder, baking soda and salt. Using pastry blender or two knives, cut in butter until mixture is crumbly. Pour in milk mixture; stir with a fork until a soft, sticky dough forms.

4. Turn out onto a floured surface and, with floured hands, gently knead in cranberries, being careful not to crush them and adding more flour to prevent sticking as necessary, until dough comes together and cranberries are dispersed. Pat out to a 23-cm (9-inch) circle; cut into 12 wedges. Place on prepared baking sheet at least 2.5 cm (1 inch) apart.

5. Topping: Brush tops of scones with milk and sprinkle with sugar. Bake for 15 to 20 minutes, switching pans on racks halfway if using 2 sheets, or until puffed and golden. Let cool for at least 10 minutes before serving. THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA

SPECIAL INFORMATION FEATURE

IF I HAD $100 ... TO SPEND AT VINTAGES

Lovely choices

JULIE STOCK
For Metro

With Valentine's Day around the corner, it's only fitting to showcase some highlights from the Feb. 2 release in LCBO Vintages. Make it easy on yourself, pick something from this list to win someone's heart.

Peller Cuvée Ice Rosé Sparkling, Canada (LCBO #113035, $34.95)
An elegant, sparkling pink, dry and bubbly, bursting with strawberry flavours.

Three Saints Chardonnay 2009, U.S.A. (LCBO #297531, $20.95)
White, creamy and dry, tasting of savoury butterscotch and ripe tropical fruit.

Susana Balbo Signature Malbec 2010, Argentina (LCBO #079798, $19.95)
A dark plum-purple, dry medium-bodied red, tastes reminiscent of baked berry pie.

Sampietrana 1952 Riserva Brindisi 2008, Italy (LCBO #310086, $15.95)
Ruby red in colour to mirror the ripe dark cherry flavours, pinch of chocolate on the finish.

GRAND TOTAL: $91.80
FOR MORE, SEE SAVVYCOMPANY.CA.

Hop on board with new brew

Exclusive IPA. Those who like hops will like new Alexander Keith's offering a lot

JEFF O'REILLY
For Metro

Peter Parker has another job. Clark Kent has another job. And I, too, have another job that keeps me busy, but very much in tune with all the craziness going on in the beer world.

For almost 30 years I have worked in the bar/pub business learning and educating about beer on both sides of the wood, and for nearly half of that I have been the general manager of D'Arcy McGee's on Sparks Street. It is truly rewarding working for Prime Pubs, a company that is very forward thinking in its approach and passion for beer. From Prud'homme beer certification training for all managers and bartenders, to regularly bringing in exclusive beers from around the world while actively supporting craft brewing, beer is a big part of what Prime Pubs does.

Last year, the pubs promoted an innovative India Pale Ale "ladder," designed to educate guests on International Bitterness Units offering five different IPAs from a wide range of IBU levels. The feedback was extremely positive, but it also created a demand to see more and different IPAs available.

Seeing this, Prime Pubs called on the team at Labatt to begin brainstorming and collaborating to develop a new exclusive IPA for the pub division. Key to the process was Labatt technology development manager, master brewer Ed Miziolek, who brought his 30 years of expertise to begin creating something of which everyone could be proud.

Samantha raises a pint of Keith's Hop Mason, available exclusively at D'Arcy McGee's pubs in Ottawa. JEFF O'REILLY/FOR METRO

So, with a trip to begin brewing some seriously small batches at the Anheuser-Busch St. Louis Research Pilot Brewery, then some more tinkering at the John Labatt Innovation Centre in London, Ont., a recipe was perfected to begin brewing at the Keith's Brewery in Halifax, a perfect fit for this new beer.

Not only was Alexander Keith (1795-1873) a renowned brewer in his time, he was also the mayor of Halifax and a Grand Master Freemason, dedicated to each craft he pursued, achieving success in all of them. This beer would be a fitting tribute to his legacy.

Eighteen or so years ago, while working for another company, we were part of the test group pouring Alexander Keith's IPA for the first time outside of Nova Scotia. While not as assertive as many of those big, hoppy IPAs, it had enough of a difference to create a huge loyal following. And it remains the bestselling premium beer in Canada to this day. Those who like it, like it a lot, indeed.

Keith's Hop Mason (5.8 per cent alcohol by volume, 45 IBUs) pours a bright, copper penny colour with tight, white head.

Aromas of floral and citrus hops, pine and caramel malts encourage a slightly sweet caramel front, doughy malts before hits of citrus and pine hop bitterness provide the solid backbone you would expect in an IPA. A fairly light body with a dry finish, it is sociable and easy drinking with a bit of an edge, showing off a food-friendly approachability that should appeal to beer drinkers from both coasts of the IPA spectrum.

SEASONAL SIPS

Allyson Bycraft
For Metro

Winter whites

Winterlude, Feb. 1-18
It's that time of year again, when hardy Ottawans are asked to get outside and embrace the cold. As a reward, treat yourself to a small sip of Megalomaniac Coldhearted Riesling Icewine 2008 ($29.95/200ml, LCBO #243519) from the Niagara region. If icewine is new to you, look for deliciously luscious fruit with fairly high acidity to keep the whole thing in balance. Riesling is a top-quality grape that lends itself very well to Canadian icewine. Available at Vintages Saturday.

Groundhog Day, Feb. 2:
Celebrate an early spring (or drown your sorrows over a prolonged winter) with a Riesling from the "Sundial" vineyard in the Mosel region of Germany. Studert-Prum Wehlener Sonnenuhr Riesling Kabinett 2008 ($16.95, LCBO #970129). The fantastically steep and expansive slate vineyard is so named for the impressive rock formation in its centre that casts interesting shadows across the vines. The slate soils give the wines a distinctive stony aroma and taste, balanced by round fruit and floral character. Available at Vintages Saturday.

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When decorating trends turn to classics

Decor. Which of this year's trends should you invest in?

DESIGN CENTRE
Karl Lohnes
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Over the past century we've seen many decor trends come and go, with some holding the test of time to prosper and become classics, though usually with some modern tweaking. In the 1980s, natural seagrass carpeting became a trend that never went away.

In the '90s, stainless-steel kitchen appliances was splashed on the domestic kitchen market and stabilized as long-term investments for the kitchen.

So what new decorating trends will we be seeing a lot of, for at least the next decade? I have three predictions.

Grey

This solemn neutral was huge in the mid '80s. Back then it was a steely-blue grey and used only to achieve a modern esthetic.

Its return to the decorating world was a nice way to gently transition us away from all the golden taupe that we had grown so fond of.

But this time around the grey is a bit warmer (think grey flannel) and used for both traditional and modern decorating.

Look for this neutral to stick around. Watch it warm up a bit more to an elephant or driftwood colour. This will be the new taupe — cooler than what we remember and looking great with off-white, gold metallics and shots of strong colour.

Chevron pattern

Whether you call it zig-zag, herringbone or chevron, this angled linear pattern has come in and out of decor fashion for decades. Currently, the design is highlighted with contrasting coloured stripes that add punchy patterns to wallpaper, bedding, fabrics and carpets.

Look for this pattern calming itself down and being shown more as a texture than an obvious print. Tone-on-tone is the way to go with this classic chevron pattern if you want it around for a long time.

Farmhouse style

It goes without saying that country-style decorating is still the most popular form of decor, maybe not in your city, but trust me, it's everywhere else in the world.

Farmhouse chic is a style that allows us to mix humble, worn furnishings with a touch or industrial style in order to make it cool again. All of a sudden the worn and softened look of the farmhouse trend starts to look good in our urban spaces.

Watch this decorating style slowly morph from a poor/humble look to an upscale look with fancy antiques being thrown in for prosperity.

Cedric loveseat — warm grey will become a neutral staple in decorating for the next few years. URBANBARN.COM

Humble mixed with formal elements like natural wood and raw metal make for the new farmhouse decor look. RESTORATION HARDWARE

Printed Cotton Panels — The chevron, zig-zag pattern will calm into a tone-on-tone texture. WESTELM.COM

Learn some planet-friendly shopping tactics

Is shopping in bulk better for the planet?
- Sunitha, Hamilton

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The benefits to shopping in bulk are many — you save yourself a few trips down the supermarket aisles, the pantry is always full, the financial savings are substantial and, of course, it's a planet-friendly shopping tactic.

The math is relatively simple. Fewer trips to the supermarket translate into less gas being used. That means fewer emissions going out and more money staying in.

Buying in bulk also saves the producer and supplier the costs of packaging, shipping, shelving, storing and selling you a product multiple times. It's self-evident how that translates into financial benefits for you.

Consider also the environmental benefit.

- Less packaging means reduced waste and minimized shelf space requirements.
- Less shelf space demand means the potential for smaller storefronts with smaller electrical and heating needs.
- Less shipping means fewer emissions. The same amount of food still has to make its way to you, but buying in bulk streamlines the process.

Purchasing food in bulk has other benefits that support a green lifestyle.

Supporting local farmers

Many bulk purchases are made directly from local food producers, with increased financial benefits to the people in your community responsible for feeding you.

These might include fruit or vegetable farmers, cattle farmers, grain producers like Anita's Organics or even dairies.

Creating community around food

There's nothing I like better than bringing communities together around food and buying in bulk can also support this.

Food waste is a concern that looms over large purchases.

What if we don't eat or process it all before it starts to spoil? For some, space is a constraining factor. These barriers are addressed by pooling resources and sharing bulk orders with your neighbours

Bulk foods are whole food ingredients

Purchasing ingredients — instead of prefabricated meals or snacks — allows you the opportunity to cook from scratch.

That means wholesome, delicious meals that live up to your ideals for sustainable food. No preservatives. No food sitting in plastic packaging. No supporting food producers lobbying against the mandatory labelling of GMO ingredients.

Buying in bulk has many benefits to you, your community and the larger environment. If it's a new step, start small.

Choose one area — maybe oats and flours — and set up a system that works for you. Once it's routine, you'll be hooked and you will unquestionably expand into other foods.

Buying in bulk is better for you and better for the planet. ISTOCK IMAGES

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

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NCAA

Hoaxster tells Dr. Phil he was in love with Te'o

Dr. Phil McGraw says Ronaiah Tuiasosopo, who masterminded the dead girlfriend hoax involving Manti Te'o, told him the Notre Dame linebacker was not involved in the scheme and that he ended up falling "deeply, romantically" in love with the football player.

McGraw spoke on the Today show Wednesday, previewing an interview he did with Tuiasosopo, a 22-year-old California man who created the fictional woman Te'o knew as Lennay Kekua. Tuiasosopo's interview with McGraw will air in two parts on the Dr. Phil Show starting Thursday.

"There were many times where Manti and Lennay had broken up. But something would bring them back together whether it was something going on in his life, or in Lennay's life, in this case in my life," Tuiasosopo said.

THE ASSOCIATED PRESS

Cycling

Armstrong calls for amnesty in sport that was never 'clean'

Lance Armstrong believes a truth and reconciliation program is the "only way" to deal with cycling's doping crisis and the sport's governing body should have no role in the process.

Armstrong spoke to Cyclingnews in an interview published Wednesday, his first since admitting to Oprah Winfrey two weeks ago that he doped to win the Tour de France seven times.

In an email interview with the publication, Armstrong expressed no remorse or contrition and said he feels like a scapegoat for a sport in which no generation was ever "clean."

He said the best way forward is a truth and reconciliation process offering amnesty to riders and officials who come forward.

THE ASSOCIATED PRESS

Lance Armstrong during his Jan. 14 interview with Oprah Winfrey. OPRAH WINFREY NETWORK VIA GETTY IMAGES

Senators leapfrog Habs in battle of red-hot clubs

Senators defenceman Erik Karlsson jumps over sprawling Canadiens forward Erik Cole at Scotiabank Place on Wednesday night. The Senators improved to 5-1-1 in the young lockout-shortened season and put an end to Montreal's four-game winning streak with a 5-1 win. ANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

New CFL GM plans to build from ground up

Looking locally. With club slated to begin play in 2014, former Als assistant says he won't take any shortcuts in bringing a winner to Ottawa

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Football players from university teams the Ravens and Gee-Gee's should start sharpening their skills as the general manager of the city's new CFL team is taking a grassroots approach to building his roster.

"We will build through the draft and by finding and building our own players. Trades won't be the basis of our philosophy," said Marcel Desjardins at an announcement confirming he has taken the yet unnamed team's top management role. "These are exciting times for football in the city of Ottawa and national capital region."

Set to take the field in the summer of 2014, Desjardins said that putting together the new team "will not be an easy process and there won't be any shortcuts."

Still he's set himself an ambitious short-term goal.

"In the third year we want to be positioned for a playoff spot," said Desjardins.

Newly named Ottawa CFL general manager Marcel Desjardins shakes hands with Jeff Hunt, president of Ottawa Sports and Entertainment Group at a press conference in Stittsvile, Wednesday. GRAHAM LANKTREE/METRO

Jeff Hunt, owner of the new team under the Ottawa Sport and Entertainment Group (OSEG), cited Dejardins' track record with the Montreal Alouettes as part of the reason behind the hire. "I hope Marcel will deliver what Ottawa fans have been dreaming of for far too long," he said. "He has been charged with the task of delivering Ottawa's 10th Grey Cup."

For the past five seasons, Desjardins has worked as the Alouettes' assistant general manager, helping bring Grey Cup wins to Montreal in 2009 and 2010. Before that, he served as general manger of the Hamilton Tiger-Cats from 2006 to 2007.

Desjardins added that he felt Ottawa teams failed in the past because they were "either quick fixes or have lacked a local component," noting that OSEG provides stable ground for a new team.

Ottawa's last team, the Renegades, folded in 2006, a decade after the city's original team, the Rough Riders, was shuttered in 1996.

Hunt called appointing Desjardins as the "most important step in our dream of building a CFL team into a reality" and said building the team was like filling an empty glass.

"Marcel is the first significant addition to that empty glass," he said. "Now the brand will start to grow and have a life."

4 SPORTS

Family affair

Harbaughs to visit defeated son

Jack and Jackie Harbaugh still don't know where they'll be sitting during the Super Bowl.

They do know where they'll be after the game.

The parents of John and Jim Harbaugh say they'll visit with each of their sons after the San Francisco 49ers and Baltimore Ravens play in Sunday's Super Bowl. The Harbaughs say it will be the son on the losing end who is likely to need his parents more.

That was their experience last Thanksgiving, when John's Ravens beat Jim's 49ers.

No matter the outcome, Jackie Harbaugh says she and her husband will hug both their sons "and tell them we're proud of them and their team."

THE ASSOCIATED PRESS

Jack and Jackie Harbaugh kiss at a news conference on Wednesday. THE ASSOCIATED PRESS

Lewis says he 'never, ever' used deer-antler spray

Super Bowl lead-up. Ravens linebacker was linked in report to company making PEDs

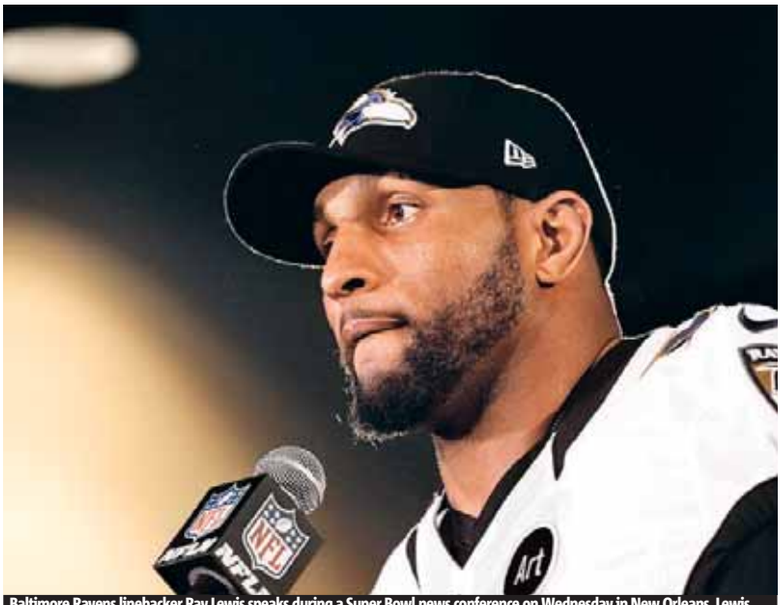
Smiling, even laughing, at questions about a report linking him to a company that purports to make performance-enhancers, Baltimore Ravens linebacker Ray Lewis said Wednesday he "never, ever took" the stuff.

Lewis described himself as "agitated," not angry, that the story has become part of the Super Bowl-week prelude to Baltimore's game against the San Francisco 49ers on Sunday.

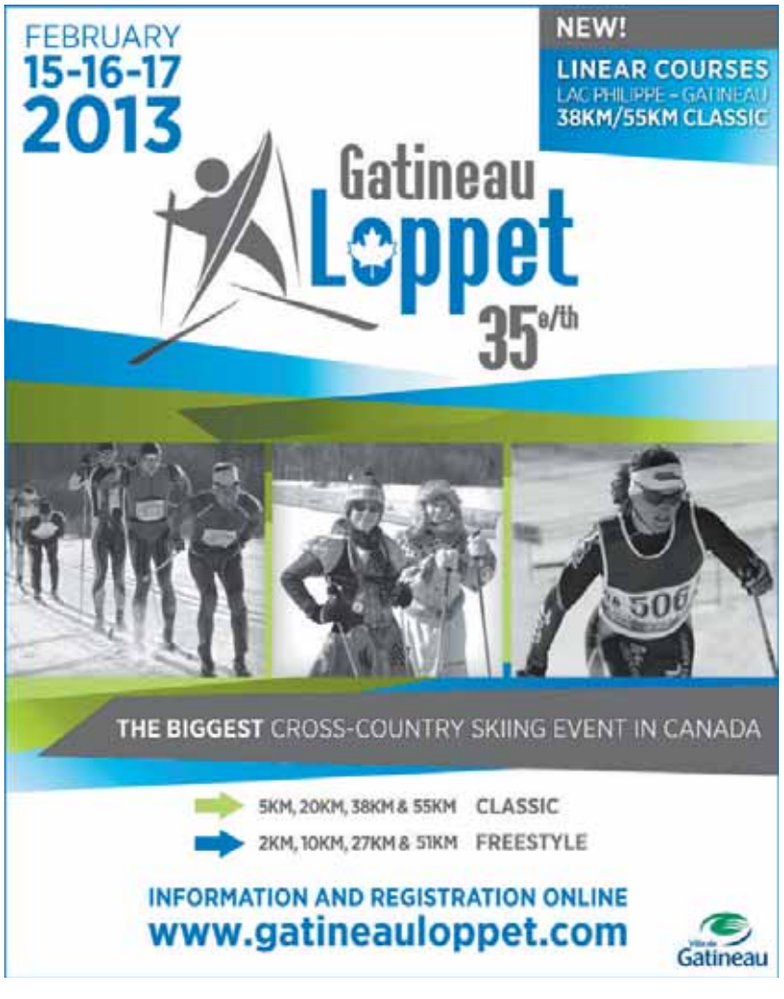
He added that he's certain his teammates won't be distracted by the report in Sports Illustrated. The magazine said Lewis sought help from a company that says its deer-antler spray and pills contain a banned product connected to human growth hormone. The 37-year-old Lewis is the leading tackler in the NFL post-season since returning from a torn right triceps that sidelined him for 10 games.

In a private conversation with Ravens head coach John Harbaugh, and later in the public setting of a news conference, Lewis distanced himself from Sports With Alternatives To Steroids (SWATS). SI reported that company owner Mitch Ross recorded a call with Lewis hours after the player hurt his arm in an October game against Dallas. According to the report, Lewis asked Ross to send him deer-antler spray and pills, along with other items made by the company.

"It's so funny of a story because I never, ever took what he says or whatever I was supposed to do. And it's just sad once again that someone can have this much attention on a stage this big, where the dreams are really real," Lewis said Wednesday. "I don't need it. My teammates don't need it. The 49ers don't need it. Nobody needs it." THE ASSOCIATED PRESS



Baltimore Ravens linebacker Ray Lewis speaks during a Super Bowl news conference on Wednesday in New Orleans. Lewis denied a report linking him to a company that purports to make performance enhancers. PATRICK SEMANSKY/THE ASSOCIATED PRESS



Horoscopes

Aries
March 21 - April 20
Partnership issues will be a bit messy today and they will stay messy until someone makes a decision to sort things out. You know what is coming: That person will have to be you. You're the only one with any drive.

Taurus
April 21 - May 21
Cosmic activity at the midheaven angle of your chart means you have the power to make things happen, but it also means you will have to overcome opposition from rivals. Be brave and take the fight to them.

Gemini
May 22 - June 21
With the Sun now moving through the most adventurous area of your chart, there is no way you will stay in one place for any length of time. Go where your instincts take you and don't worry that others might not approve.

Cancer
June 22 - July 23
You will find yourself drawn to someone who is new to your social scene and you will quickly form a bond that cannot be broken. But don't neglect existing relationships — friends and family are relying on you.

Leo
July 24 - Aug. 23
A confrontation of some sort is likely today but that's good because you need to clear the air. Most of all, you need to let certain people know that you are not the sort who can be bad-mouthed without fighting back.

Virgo
Aug. 24 - Sept. 23
The planets warn if you don't treat what you are working on with more respect you will make a poor job of it, which in turn will reflect badly on you. All tasks are important, even the small ones.

Libra
Sept. 24 - Oct. 23
There is no point in trying to hide your feelings because your face will betray you. If there is something you feel strongly about, come right out with it and let everyone know why you are suddenly so emotional. It will do you some good.

Scorpio
Oct. 24 - Nov. 22
What goes around comes around and what you have to put up with today is most likely payback for something you said or did in the past. It's not some kind of cosmic punishment, it's just the way things work.

Sagittarius
Nov. 23 - Dec. 21
You will rush here, there and everywhere today, and most likely get nowhere fast. The planets are trying to tell you that if you slow down a bit, you will accomplish more in the long-term. Try listening.

Capricorn
Dec. 22 - Jan. 20
Make it your aim today, and over the remainder of the week, to improve your professional and financial relationships. Show others you care about them as people and they'll show you what they can do for you.

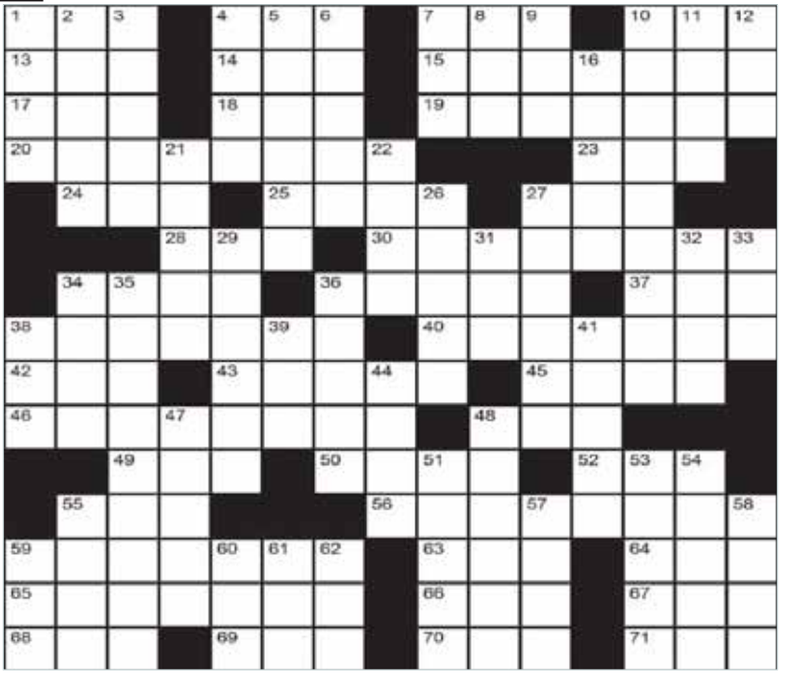
Aquarius
Jan. 21 - Feb. 19
The old always gives way to the new, so there really is no point holding on to what even you can now see is past its sell-by date. Take a few risks and move with the times. What have you got to lose?

Pisces
Feb. 20 - March 20
The more open and outgoing you are now, the more you will achieve a few weeks hence when the Sun begins its transit of your birth sign. What good is life if it is not an adventure? Time to explore!

SALLY BROMPTON

Crossword: Canada Across and Down

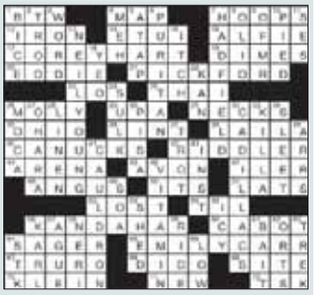
BY KELLY ANN BUCHANAN



Across
1. Liq. measures
4. Astronaut's home-away-from-Earth, for short
7. River of Scotland
10. Java holder
13. Movie star, Aishwarya __
14. River of Hiroshima
15. Get
17. Computer co.
18. Scand. land
19. "The Honeymooners" role, Ralph __
20. Saskatchewan city: 2 wds.
23. 'Can' completer
24. Que. neighbour
25. Tree log bump
27. Garlic: French
28. Bear: Spanish
30. Search info on the Web: 2 wds.
34. Truant from the trenches, tiny-ly
36. Basketball great Mr. Thomas
37. Mai __ (Cocktail)
38. Foretell
40. CBC's "__ Den"
42. Early hrs.
43. Unrefined
45. NBA's Phoenix __
46. The __ Mountains, New York
48. Transport for T.O. commuters
49. Everest, et al.
50. River of Asia
52. Acting prompt
55. Fair-hiring letters
56. "Four __ Canada" on Slice
59. Residential†area way off from the city
63. US gov. radio service
64. Movie special effects, commonly
65. Mr. Bisson, star of CBC's "Murdoch Mysteries"
66. Composer Mr. Berlin, for short
67. Crop
68. CPR giver, often
69. "Um, like... what?"
70. Compass dir.
71. NnnNN

Down
1. __ and proper
2. Verboten
3. __ Fraser University
4. Ms. Skye of "Say Anything..." (1989)
5. Canadian skating great Elvis
6. Plastic wrap
7. Noah's __
8. "__ darn tootin'!"
9. Elvis record label
10. Duchess Kate's maiden name
11. Iris spot
12. __-Xer
16. Web letter
21. Didn't sit
22. Happy tail moves
26. Performance enhancers, slang-style
27. Shocked
29. Oil-messes-on-water
31. Paddle
32. Author Mr. Fleming's
33. Not 'twas
34. Weapons: Latin
35. Posh area of Montreal
36. Rome's home
38. Classic video game, __-Man
39. Dernier __ (The latest fashion)
41. Italian luxury label since 1921
44. Shredded cabbage
47. Shock jock Howard
48. Henry VIII, and kin
51. Some jeans
53. '60s series, "The Man from _.-._.-._."
54. Prod: 2 wds.
55. Test
57. Funnyman Mr. Foley
58. Daintily drinks
59. Logo of CBS
60. Tende
61. Hosp. area
62. Egyptian Myth: Beatified spirit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

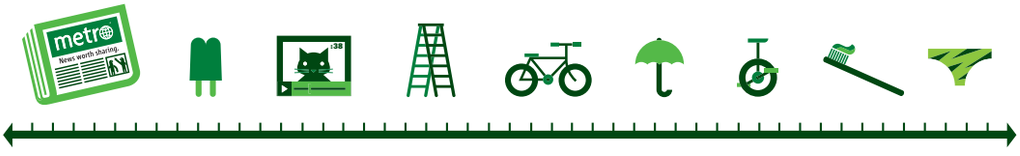
		8					9	6
2		1			4	5		
		4		5				
			3	7		8		
3			9		5			4
		7		8	2			
				1		6		
		6	8			2		5
7	1					3		

Yesterday's Sudoku

4	6	9	8	5	1	7	3	2
8	7	1	3	2	4	9	5	6
5	2	3	7	6	9	4	8	1
9	4	7	1	8	3	6	2	5
1	8	6	2	4	5	3	9	7
2	3	5	9	7	6	8	1	4
6	9	4	5	3	2	1	7	8
7	1	2	4	9	8	5	6	3
3	5	8	6	1	7	2	4	9

Today
2°/-18°
Flurries
40%
Friday
-12°/-18°
Partly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Sharability



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2007–2012

34 IN STOCK

FROM $7,960

FORD

50 IN STOCK

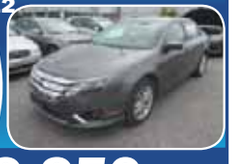
ESCAPE
2006–2012

18 IN STOCK

FROM $7,880

FUSION
2007–2012

11 IN STOCK



FROM $9,950

FOCUS
2008–2012

6 IN STOCK

FROM $7,950

NISSAN

49 IN STOCK

SENTRA
2007–2011

10 IN STOCK

FROM $8,860

ALTIMA
2005–2012

8 IN STOCK

FROM $5,840

VERSA
2007–2012

10 IN STOCK

FROM $6,950

MAZDA

70 IN STOCK

MAZDA 3
2007–2011

33 IN STOCK

FROM $7,950

MAZDA 5
2007–2012

8 IN STOCK

FROM $9,850

MAZDA 6
2007–2013

9 IN STOCK

FROM $10,670

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